

# SPOKER

Conestoga College, Kitchener

JUNE 26, 2000

## What's Inside



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## Faculty take break by learning

72 workshops at Employees for Excellence in Education conference

By Julie Porter

'To boldly go where no college has gone before' is the slogan written atop the Employees for Excellence in Education handbook. The three day conference, which wound down June 16, was a chance for Conestoga College staff to hone skills, meet one another, and learn about facets of the college they ordinarily would not have access to.

Edie Torbay, chair of professional development and quality assurance, and the woman who put the conference together this year, said that the conference was important as it gave faculty a chance to recharge their batteries and get a break from the routine while still within the college campus.

"Very often, faculty never get to meet one another," said Torbay. "A day that gets people together, to socialize and learn is important. It creates happier, more productive employees."

Torbay said the conference was a

benefit to students and faculty.

"If a student is registering for a course, and the clerk has updated computer skills and is happy in their job, then the student is going to benefit from a more competent and content person handling their registration," said Torbay.

The conference, which took place at the Doon Campus, was kicked off with a continental breakfast and keynote speaker Dr. Kenneth Shonk, a local physician who talked about the importance of humour in the workplace.

Then, faculty attended their choice of 72 free workshops that stretched over the three days.

One such session was A Love That Kills, given by the women's resource group, which focused on a film about a 19-year-old girl who was fatally stabbed by her boyfriend. This workshop strove to help educators identify the signs of dangerous relationships.

A workshop entitled Adventure in the Classroom; Effective, Energetic, and Empowered

Learning was conducted by Greg Burns and Norma McDonald-Ewing. It was designed to provide teachers with the skills to encourage students to think creatively and to empower, engage and excite.

Other workshops focused on computer skills, wine tasting, introductions to library databases and CD-ROMs, canoe-trip planning, non-violent crisis intervention, counselling skills at Conestoga and introductions to broadcasting.

For Sherley Loucks, of international education, the workshops were especially important.

"What I like most is that the conference is for employees, by employees," said Loucks. She said she enjoys the fact that colleagues are able to bring forth their skills and get to know one another.

"I think it brings us all together," said Loucks. "We're always so busy with work that we don't necessarily see each other at all. It's nice to realize and see the strengths of the people we work with."

Lynn Romagnoli, a teacher in the

general arts and science program, said she learned a lot at the conference.

"I value most, having a big group like this together in a non-academic fashion," said Romagnoli.

Coffee breaks were an important part of a day at the conference, according to Torbay, who called them a key time that people could sit and talk to each other.

"Some faculty spend a lot of time talking to each other on the phone as part of their job," said Torbay, "but they rarely get to meet. The long coffee breaks are there so people can finally get together."

John Tibbits, Conestoga president, delivered closing remarks. Tibbits focused on the high standing of many of Conestoga's students and plans for the college's future. He announced he was giving one day off for all Conestoga staff members, as a reward for the KPI results rating Conestoga the No. 1 college overall in the province, jokingly referring to his decision as one of a dictator's.

## Privacy kept protected at Conestoga

By Julie Porter

If you've got a set of angry or anxious parents vying for a peek at your marks or a creditor trying to give your pocketbook one last squeeze - relax. The college won't give out any of your personal information because it isn't allowed to.

According to the Ontario government's Web site at [www.gov.on.ca](http://www.gov.on.ca), colleges are covered under the Ontario Freedom of Information and Privacy Act, and are unable to give any information to anyone without a credible example of a life and death situation or without the consent of the student.

The freedom of information and privacy act ensures that all requests for information are channeled through a delegate appointed by the institution.

Under the act, only information that is thought to be a benefit to the public will be released. Only information that is found to affect the public's health and well-being will be made public.

Larry Rechsteiner, the co-ordinator of the freedom of information act at Conestoga College, said that his office has a co-ordinating role within the school.

"If various parts of the college need assistance regarding access to student records or employee records, then this office can help," said Rechsteiner.

Rechsteiner said that under the

freedom of information act, even when a third party pays tuition for a student, and the student drops out, the college is required to refund the payment to the student, not the third party.

"Unless the student has written a formal request to redirect payment or marks, we must send them to the student," said Rechsteiner.

Janie Renwick, administrative assistant to Conestoga Students Inc. (CSI), formerly the Doon Student Association, said the school's privacy policy is so sound that even the CSI has problems accessing information on students.

"We can get a student's address and student number for drug plan information but only after quite a struggle. We certainly cannot just pull it off the computer. It's far more complex a process than that,"

Renwick said all colleges are good at keeping a student's record safe. "It's pretty amazing how tight they are."

"I've had one case this year when a woman phoned and wanted information on a student. The woman had realized that the daughter she adopted out years before was at Conestoga. We couldn't give her any information at all," said Renwick.

Jack Fletcher, director of student services, said it is not unusual for people to phone asking for information on students.

"Parents phone up wondering

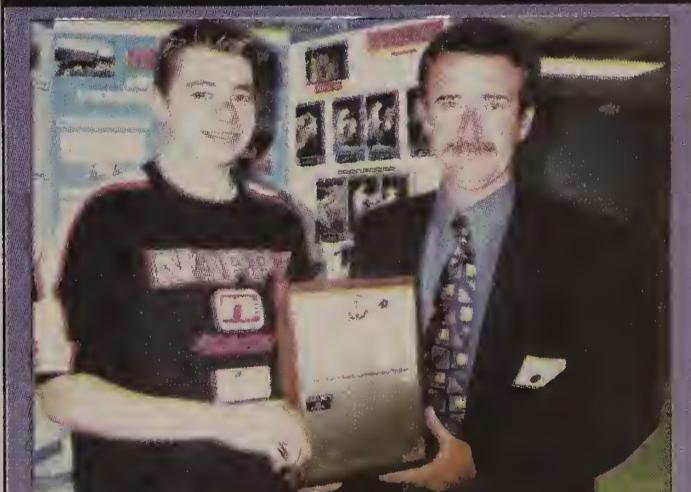
how little Johnny is doing - sometimes they are worried about his marks, or how he is doing in general," said Fletcher. "As a rule, we cannot go looking for Johnny. If a parent is calling to express that a student is in a high-risk situation, like a potential suicide attempt, then we may make some inquiries, but we have to be careful."

Fletcher.

According to Fletcher, even when police make inquiries, the college is bound under the act to not reveal information unless absolutely necessary.

"In an emergency situation, or a matter of life and death, you use discretion. You have to make sure that the people wanting the information are telling the truth. It's very important," said Fletcher.

Thank you



Co-op student Chris Vranes (left) from St. Mary's high school in Kitchener presents Ron Bender, his employer for RJB Machining in Waterloo with a partnership award at an apprenticeship conference June 12 at Conestoga College's blue room cafeteria. Story, page 3.  
(Photo by Donna Ryves)

## Survivor caters to voyeurs

Somewhere between Gilligan's Island and The Running Man lies Survivor, the newest bid in a ratings war among the big TV networks. Television has become increasingly interactive, offering huge prizes and networks are finding themselves airing shows tailored to a voyeuristic society.

Although Survivor does not have a hapless first mate or criminals fighting for their lives in a game show, it is not very far off.

CBS's Survivor takes the whole game show environment and flies it to a deserted island in the South China Sea. Survivor executive producer Mark Burnett calls it "two parts adventure contest, eight parts surviving the peer group" on the CBS Web site. (Go to [www.cbs.com](http://www.cbs.com) and click-on the Survivor icon.)

In Survivor, 16 Americans travel to Pulau Tiga, a small island 60 kilometres off the coast of Borneo. Each week, one person must leave the island, and the person who remains for the full 39 days wins \$1 million. They are afforded no luxury items and must make do with their primal skills.

**Although Survivor does not have a first mate or criminals fighting for their lives in a game show, it is not very far off.**

There are two types of events — reward challenges and immunity challenges. In reward challenges, tribes compete for luxury items such as a phone call home. In immunity challenges, the losing team has to vote a member off the island.

Immunity challenges to this point have included the eating of live exotic bugs and a quest for fire. In the first episode of 13, each tribe made a dash to a fire pit where they obtained the much-cherished fire for their tribe.

The fire is significant because each tribe member has a fire torch that signifies their life on the island. When an immunity challenge is lost and the tribe must travel to the jungle's tribal council, the extinguishing of the departing tribe member's torch is symbolic and vivid.

Each member is allowed one statement at the tribal council before votes are cast. One member pointed out his efforts trying to catch fish, albeit in vain, and said they should keep that in mind when deciding who leaves. He stayed.

However, the tribe's meals are often made up of the rats they catch in makeshift traps, and the tribe members said they surprisingly taste a lot like chicken.

Alliances will be formed and it's interesting to see which will be broken once the tribes dwindle in size. Only one person can win the grand prize and splitting it up with departed comrades is forbidden. The last seven members who are expelled from the island will choose the winner from the remaining two.

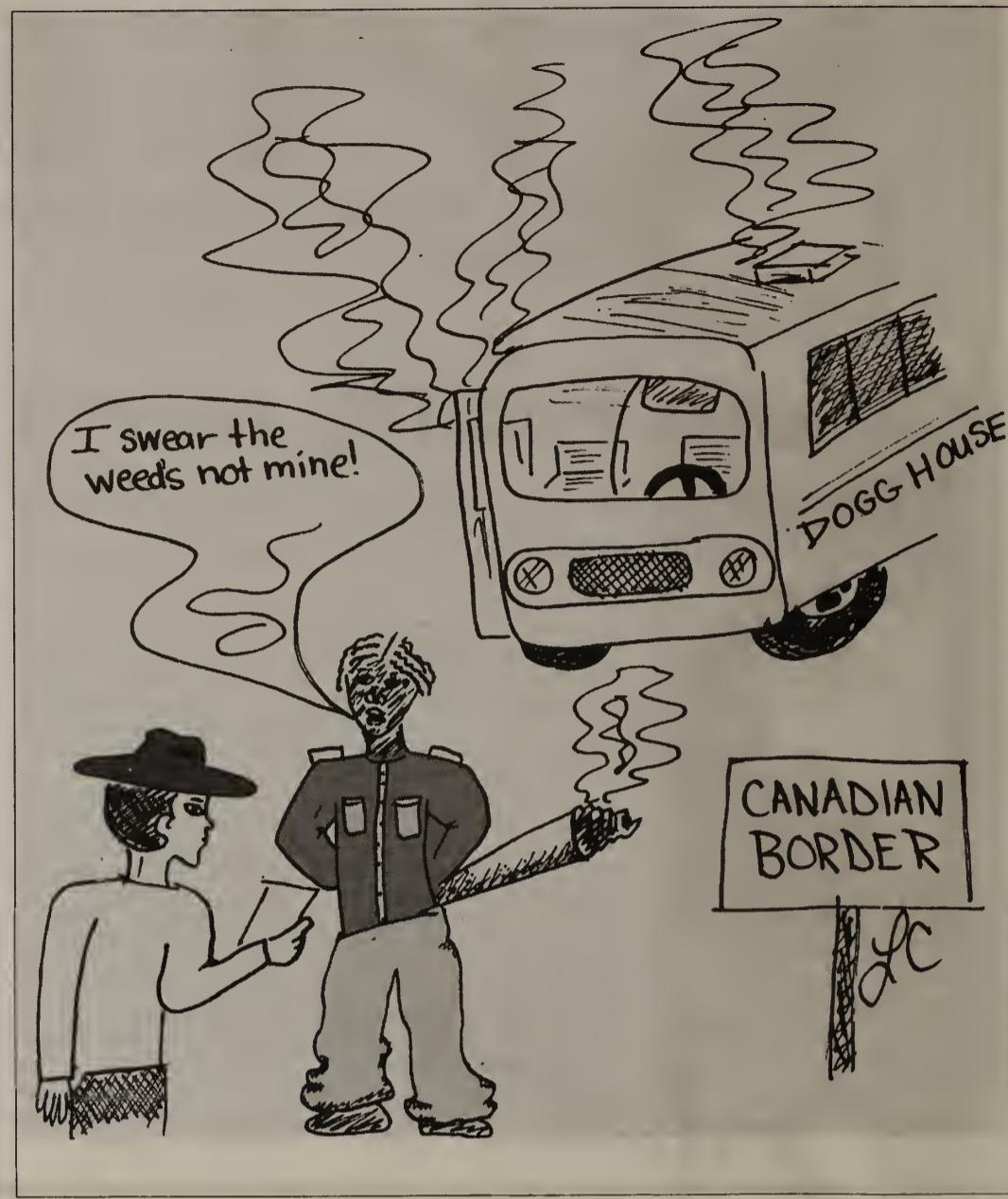
CBS has an excellent Web site devoted to the show where fans can guess who will leave the island next. At the site, there are also profiles, episode-by-episode breakdowns, a tribal council voting history and the final words of those who have left.

The show, which CBS airs Wednesday nights at 8 p.m., really does put these souls at the mercy of nature. Although medical staff is on hand in case of emergency, the tribes are basically devoid of any safety net.

One of the most interesting characters among the whole group seems to be Rudy. Although he is 72 years old, his 45 years of Navy SEAL experience could be extremely useful and this will surely have an effect on how the members vote on his future.

Dirk, from the Tagi tribe, a substitute teacher, has been providing spiritual guidance to his tribe with readings from the Bible, whether they like it or not.

Maybe criminals fighting on game shows are not so far off after all, but there are plans for Survivor II to be based in the Australian outback in 2001.



## Another boating death

It may not have been the Titanic, but it was a horrible tragedy.

On June 16, a boat with 13 Grade 7 students sank in Georgian Bay, claiming the lives of two young kids.

All it took was one big wave ripping apart the boat to end the lives of two people who had the rest of their lives to fill their dreams.

In a June 18 article in the Toronto Sun it was reported that Roy Simmons, the grandfather of Wade Simmons, was devastated that his grandson and fellow classmate who died did not have a life vest.

The bodies of a 12-year old boy and girl were found June 17 just metres from the sunken True North



**Mike Radatus**

II in Fathom Five Marine Park.

The article says that police told Simmons that the children were definitely not wearing life jackets and although there were life jackets on the vessel the boat sank too quickly to get them to them.

The article said a lot of glass bottom boats, like the True North II, were not taking people out that day because of high waves.

So, why were the students out in the water in the first place? Why were the life jackets not more easily accessible?

Those are the questions the families of the dead kids will be asking themselves for the rest of their lives.

And there is nobody to blame.

Large-boat riders like the ill-fated True North II are not required to have their passengers wear life vests, according to Capt. Phillip Nelson, regional director of

Transport Canada's marine safety division, who was quoted in the Sun story.

Without laws forcing people to wear life jackets on these types of boats, people will not wear them.

Nelson said in the article that life jackets aren't really seen as a need in general, unless there are emergency situations.

With attitudes like that, people will continue to be victimized by the water because emergency situations must be practised in order to be dealt with accordingly.

How many deaths have to occur before people realize that water, or any natural element of the earth, needs to be respected and understood to be a danger if people don't practise safety.

My heart goes out to the families of the dead children, and I truly hope the deaths are the last caused by ignorance about nature.

## SPOKE

Keeping Conestoga College connected

SPOKE is published and produced weekly by the journalism students of Conestoga College.

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SPOKE is mainly funded from September to May by a payment from Conestoga Students Inc. (CSI), formerly called the Doon Student Association, in exchange for the insertion of advertising in the paper. The views and opinions expressed in this newspaper do not necessarily reflect the views of Conestoga College or the CSI. Advertisers in SPOKE are not endorsed by the CSI unless their advertisements contain the CSI logo. SPOKE shall not be liable for any damages arising out of errors in advertising beyond the amount paid for the space. Unsolicited submissions must be sent to the editor by 9:30 a.m. Monday. Submissions are subject to acceptance or rejection and should be clearly written or typed; a WordPerfect or MS Word file would be helpful. Submissions must not contain any libellous statements and may be accompanied by an illustration (such as a photograph).

## Conestoga student wins silver medal in sixth Skills Canada competition

By Petra Lampert

A Conestoga College student earned a silver medal in the sixth Canadian Skills Competition in Quebec City.

Mark Peeters, of Zurich, a student in the electronics engineering technology program, won the silver medal in the post-secondary division of the national Skills Canada competition.

Peeters was one of four Conestoga entrants who earned gold medals at the recent Ontario Technological Skills Competition in Kitchener, and the opportunity to travel to Quebec City for the June 3 to 6 national Skills Canada competitions. Peeters' victory in Quebec City will earn him the chance to be considered for next year's World Skills Competitions.

Seven Conestoga students earned medals at the Ontario competitions, continuing the tradition of Conestoga producing more Skills Canada medallists than any other college in Ontario.

Bob Brezina, of Kitchener, and Heather Hood, of Guelph, as a team won the gold in the post-secondary mechatronics event at the OTSC.

They're students in the college's mechanical engineering

technology - robotics and automation program.

Jason Wagg, of Mitchell, a welding engineering technology student at the college's Guelph campus, won the gold medal in the OTSC post-secondary-level welding category.

Conestoga's other OTSC medallists were: Leigh Adams, of Peterborough, a robotics and automation student, who won a silver medal in the mechanical computer-aided design competition; Christopher Clark, of Waterloo, a construction engineering technology student, who earned a silver medal in the architectural computer-aided design category; and Kevin Hodgkinson, of Ajax, a student in the woodworking technology program, who won the bronze medal in the cabinetmaking competition.

The OTSC is sponsored by Skills Canada - Ontario and is one of many provincial competitions designed to highlight, test, encourage and reward the skills and problem-solving abilities of technical students.

Competitors in the one-day event are presented with practical problems to solve by using the knowledge they have gained in applied skills.

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# News

## College honours employers

Conestoga hosts luncheon for skilled trade apprentice employers

By Petra Lampert

Ontario Youth Apprenticeship Program (OYAP) employers were honoured during a luncheon held in the Blue Room cafeteria on June 12.

About 65 high school students and their employers attended the luncheon where college president John Tibbits delivered the keynote speech.

The employer appreciation event was held as a thank-you to employers who take skilled trades apprentices. The apprenticeship program began in 1995.

Tibbits said the shortage of skilled trade workers is one of the most important societal issues that Canada is faced with.

He said this is because of the rapidly growing economy and the type of economy the country has.

"Ontario and Canada are faced with huge shortages of workers in

skilled trades careers," said Tibbits.

The economy is increasing in a way now that the kinds of jobs are sophisticated and require more job skills, he said.

"We need support from our industry. Without it, it just doesn't work."

*John Tibbits,  
college president*

Tibbits said another vital aspect is the promotion of skills.

He said it's important for everyone to know what it means to be in the trades.

"We need the support from industry," Tibbits said. "Without it, it just doesn't work."

He said the support from industry is essential to students and it's important for industries to be tak-

ing our apprentices.

Tibbits said he feels it's important that employers keep talking about the importance of skilled trades.

Ron Harris, of the Waterloo Region district school board OYAP program, said he feels the program is giving students a head start in getting into a trade.

The program is offered to students in grades 11 and 12 for two semesters and then the students are signed on as an apprentice in their second year, said Harris.

Prior to the luncheon, students attended various workshops that were held throughout the college.

Workshops covered topics such as how to manage stress in the workplace, financial planning and humour in the workplace.

Local school board representatives and representatives from the Ministry of Education were also in attendance during the luncheon.

### Correction

Due to a miscommunication with Spoke's printer, the photograph of Canadian Alliance leadership candidate Preston Manning on the front page of the June 19 Spoke was flipped, creating a mirror image of Manning.

Spoke regrets the error.

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# Magazine features six graphic arts graduates

By Tracy Ford

Conestoga's latest issue of Connections, the alumni association magazine produced to keep graduates in touch, features a cover story on six graduates of one program all working at the same company.

Six of Conestoga's graphic arts graduates have been hired at Davis and Associates, Canada's largest packaging graphic design company, over the last 15 years and all are still employed there.

Monica Himmelman, an alumni services officer, said she received an e-mail from one of the six telling her about the Conestoga graduates. "I said, kind of jokingly, maybe I should come down and meet you guys."

Himmelman said she originally wanted to do a section in

grapevine, a part of the magazine devoted to news about where graduates are working. After meeting for lunch, the team decided to produce a cover story featuring the alumni. The graduates designed the cover of the magazine, which Himmelman hopes will be out by convocation.

**"I think it's terribly important to keep relationships between the school and graduates."**

*Monica Himmelman,  
alumni services officer*

The magazine's objective is to help the school keep in touch with alumni.

"I think it's terribly important to keep relationships between the

school and graduates," said Himmelman.

The first Conestoga graduate hired at Davis and Associates went there in 1979 and the most recent was hired in 1996.

Himmelman said the six alumni credit Conestoga's graphic design program for their success.

"It didn't get them the job but it got them in the door," said Himmelman. "That program has so good a reputation in the field (of graphic design) they have a 100 per cent employment rate."

The group, consisting of one woman and five men, two of whom are brothers, find working with fellow graduates interesting, according to Himmelman.

"People are so anxious to work at Davis and Associates. It's known in the industry as the best place to work, and they all feel

they came from the best college," she said.

The magazine, which is produced twice a year, is distributed by mail to Conestoga's 30,000 graduates. This issue includes this year's Alumni of Distinction Award recipients and a profile on a graduate earning a degree at Athabasca University in Alberta.

Himmelman said that type of magazine is popular among the college and university community.

"A lot of colleges and universities put out alumni magazines," she said. The college has distributed the magazine since June 1989.

The magazine can be found in the Sanctuary, staff lounges and in the magazine racks in the hallways or copies can be picked up at room 2B08, the alumni services office.



Monica Himmelman talks on the phone making last minute arrangements for the latest issue of Connections, the alumni magazine.

(Photo by Tracy Ford)

## Coming through



Fern Verrette, employed with Alfred Fach Construction, clears weeds and dirt to begin construction on Conestoga's new parking lot behind the Woodworking building at the Doon campus.

(Photo by Sherri Osment)

# Violence in the workplace focus of seminar held at Doon

By Sherri Osment

Al Hunter, supervisor of security services, held a seminar on violence in the workplace June 8, attended by college administrative support staff.

Hunter began conducting these seminars in June 1999, and this was the ninth to be held at the college. He also conducted a seminar at the Guelph campus on June 12.

Hunter said the main emphasis of the seminars, which run one and a half to two hours, is on prevention and avoidance of violence in the workplace.

Hunter first explains when and how to contact security, then talks about the local police service and explains under what circumstances police should be called.

Hunter said that during the seminars he talks about perception

versus reality.

"A number of people have different ideas in their mind what might be going on or what might pose a threat on campus, or where the problem areas are. What I try and do is give them factual information on those areas of concern," Hunter said. "The reality of the situation is we don't have a lot of physical violence."

**"The reality of the situation is we don't have a lot of physical violence."**

*Al Hunter,  
supervisor of security  
services*

Some people are anxious about safety because of media coverage of violent episodes across North America, Hunter said. These

seminars allow him to give the facts on what is actually happening at Conestoga.

Violence in the form of threats and inappropriate e-mails are also talked about during the seminars.

Hunter said he hopes to motivate people to develop plans to prevent or avoid incidents of violence in the workplace.

"What we're trying to do really is just raise the awareness of the potential for problems," Hunter said. "We talk about environmental design – in other words, the layout of the offices, how to make your particular work area a little more safe."

Two of the suggestions Hunter had for keeping a safe workplace were keeping items that could be used as weapons, such as a letter opener, off of work surfaces and getting people to watch out for each other.

# Sony Canada proposes new equipment

By Sherri Osment

A marketing manager with Sony Canada held a presentation in the Doon campus television studio June 8, to explain the merits of Sony's digital video camera, which could be acquired by the broadcasting – radio and television program.

Michael Du Boulay, a member of faculty in the program, said that three new cameras are on the program's capital list. The capital list is basically a proposal outlining what equipment the program wants

or needs.

Du Boulay said the digital camera can be connected directly to a computer by a cable which will allow images and sound to be transferred directly. This means improved picture and sound quality over the Sony Beta cameras that are currently used in the broadcasting program.

The DVCams are also smaller and slightly less expensive than the Beta cameras, Du Boulay said. They are also more like what students would find on the job once

they leave the college.

"This (the DVCam) is state of the art, but also state of the industry," said Mike Thurnell, co-ordinator of the broadcasting – radio and television program. "We always want to make the college state of the industry. If this is the way the industry is going, we're going to have to catch up."

Du Boulay said no camera purchases have been decided upon yet.

"We would like to upgrade, but it's probably way down the road," said Thurnell.

# Awards presented at journalism banquet

By Ray Bowe

Journalism students at Conestoga College shared 13 awards and three honourable mentions at an annual awards banquet at the Crock and Block Restaurant in Kitchener.

John Oberholtzer won the most awards, taking home the Fan Radio 590 Award for best sports coverage, the Carman's photo source (Woodstock) Award for best sports photo and the Faculty Award for best writing in semesters 1, 2 and 2A for university-streamed students. Oberholtzer also received an honourable men-

tion for the Ed Hayes Award for feature writing. He is now editing copy at Harlequin Publishing in Toronto.

Jeanette Everall won the Ross Weichel Award for editorial and opinion writing, the Ed Hayes Award for feature writing and the Guelph Mercury Award for best news story.

Janet Wakut won the Kitchener-Waterloo Record Journalist of the Year Award and the Fairway Group Award for best feature photo.

Michelle Lehmann won the Southern Ontario Newspaper Guild's Gerald Huntley Memorial

Award for the best scholastic record and the Stratford Beacon-Herald Award for the best arts and entertainment story.

Brad Dugard won the Cambridge Reporter's Andy Dugan Memorial Award for skill and dedication.

Nicole Furlong won the Cambridge Reporter's Carl Fletcher Award for best sports writing.

Angela Clayfield won the Fairway Group Award for best news photo.

Brian Smiley and Neven Mujezinovic shared honourable mentions for the Fan Radio 590 Award for sports coverage.

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# Students say tuition hike is acceptable

By Laura Czekaj

Pablo Dobbs, a general business student at Conestoga College, compares the two per cent tuition hike that will be implemented in fall to the price of a textbook.

"I don't mind the increase, although I would rather use the money on something else," he said.

Students surveyed during a random poll taken on June Dobbs 15 echoed

Dobbs's sentiments, with the majority saying two per cent isn't that bad.

The increase will result in an additional \$34 to \$36 in tuition for most programs.

The Ministry of Training, Colleges and Universities recently gave Ontario colleges permission to increase tuition by two per cent every year for the next five years.

Conestoga's board of governors voted in favour of a two per cent increase for 2000-2001 at the May 29 meeting. Members of the board suggested the topic be re-examined next May rather than approve the two per cent hike for the next five years.

Mike Harris, vice-president of education for Conestoga Students



## What is your opinion of the college's decision to increase tuition by two per cent?

Inc. (formerly known as the Doon Student Association) and vice-president of the South-Western Region for the Ontario Community College Student Parliamentary Association, said the board's decision to increase tuition by the full two per cent is unfortunate but the blame falls on the provincial government rather than the college.

"This school is always looking at ways to enhance quality," he said. "We wanted a tuition freeze and the government put a cap on tuition. It's a minimal effort."

Harris said OCCSPA has been lobbying the government to increase operating grants for colleges rather than increase tuition fees. He said students have Brezina been faced with a 109-per-cent tuition increase over the past 10 years.

He said the government has been telling OCCSPA that without an increase in tuition the quality of education will decrease. However,

Harris cited the recent Key Performance Indicator results that showed a continuance in quality throughout Ontario.

KPI's are annual surveys of Ontario colleges that establish benchmarks of excellence for colleges to strive for.

An increase of two per cent is still better than the original 10 per cent increases implemented by the government over the past 10 years, said Harris.

Dobbs agreed that two is better than 10, but he said he would rather have the \$34 to use on something else.

Bob Brezina, a third-year electronics engineering-robotics student, said that with high inflation rates on other items such as gas, colleges should be permitted to increase prices.

"The education we are getting for the money isn't bad," he said.

Shannon Ryan, a second-year broadcasting - radio and television

student, said she isn't surprised tuition will increase again this fall because it happens every year.

"It's to be expected," Ryan said. "It's an impressive drop from 10 per cent to two though, but zero per cent would be better."

Ryan, who is getting financial aid through OSAP, said it is getting harder for people to attend university and college because it is becoming too expensive.

"I don't believe education should be based on whether you can afford it," she said.

"Not impressed" is how Sandra Kellar describes her reaction to the increase.

"Two per cent is big no matter what, even though there is a big difference between two and 10," she said.

Kellar, a first-year general business student, said tuition fees in each province shouldn't differ and Ontario prices should be modeled after other provinces that make

their education more affordable.

James Pindera, a third-year tool and die student, agreed that the government should make education more accessible and said by helping out students the government will help itself.

"A better education means better paying Pindera jobs," he said. "The government is just shooting themselves in the foot."

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# Ethnic foods make the grade

About 80 to 90% of customers choose wraps over sandwiches



**By Donna Ryves**

Ethnic food such as wraps and stirfrys are growing in popularity at the main cafeteria of Conestoga College's Doon campus.

Wraps are chosen over sandwiches by 80 to 90 per cent of customers and approximately 60 to 70 stirfrys are made each day during the regular school semester, according to John Kast, food service director for Beaver Foods, which operates the cafeteria. The cafeteria features two kinds of stirfry, a beef and a chicken dish.

The three most popular sandwich choices are egg, chicken and tuna salad. The best selling cookies are the regular chocolate chip and the gourmet chocolate chip, said Kast.

Menu items are chosen through a process which sees the cafeteria staff pick from a larger selection suggested by the head office of Beaver Foods.

For example, the head office might provide a list of 50 sandwich recipes, from which the cafeteria staff would select 10. Then, the cafeteria would keep the most popular three of those available all the time while offering the others on a

rotation basis.

Beaver Foods consults a dietitian when creating recipes, Kast said.

A common food concern among students and staff are the availability of low-fat foods.

"A lot of people say we don't offer low fat things," Kast said. But he said there are low-fat items available in the cafeteria, including yogurt, low-fat salad dressings, cream cheese and sandwiches and salads prepared without condiments.

"What people have to be educated on is that they have to pick and choose. Just because there isn't a sign doesn't mean there aren't healthier foods," Kast said.

He suggests eating a piece of fresh fruit as healthier alternative to a high-calorie dessert. Wraps are also available with lean meat and vegetables.

Beaver Foods only uses ingredients specified by head office when preparing food, Kast said.

"The brands that are chosen are tested for taste and value," he said.

Select and Kraft dressings had been used at the salad bar, but Kast said Hellmann's now is used because it offered more variety.

"We wouldn't just buy something because of price," Kast said.

Most items except for breads and produce are bought in bulk, Kast said.

"I don't need to buy a full case of lettuce, but there are minimum orders that need to be put in."

Items that aren't so popular include the Jell-Os and puddings.

"They are mundane. Everybody gets Jell-O and pudding at home," he said.

The menu is revised every year but may also be reviewed two or three times within that year.

Items are also featured according to the season. For instance, in the winter, beef stews and chili are offered, whereas in the summer, salads and lighter lunches are popular.

Pricing is reviewed once a year with an overall two-to-three per cent increase. Selected items such as chips and confectioneries are based on market prices.

"Coffee prices haven't gone up in the last three years," Kast said. If the price of milk were increased, then the price of coffee wouldn't go up, he said. The prices of Harvey's or other brands go up

according to outside pricing.

The procedure for increasing prices includes submitting a price list to the college.

"We would submit a list in early July and we would get word at the end of July for it to be effective in mid-August," Kast said.

All food is prepared on site in the morning. A baker comes in at about 4 a.m. to prepare the baked goods. Sandwiches are sold up until the next day and are then thrown out. The baked goods are sold at reduced prices the next day.

Many items are placed on a paper plate and covered with a plastic wrap.

Beaver Foods handles allergy problems by posting some signs.

"We don't really cater to people who are highly allergenic. We don't have the means of buying these items in bulk," Kast said.

The cafeteria has stopped using soup mixes containing monosodium glutamate because of a high request to do so, Kast said.

Located in the main cafeteria is a comment board where concerns, suggestion and other comments may be made. The manager will respond, Kast said.

## Let's talk

Cafeteria welcomes suggestions

**By Donna Ryves**

Beaver Foods' Let's Talk bulletin board, which features comments from students and staff, has been used to keep the lines of communication open between customers and Beaver Foods, as well as to help improve service.

Beaver Foods, which provides food for Conestoga College's Doon campus, established the bulletin board, which was created by head office, to allow students and staff to voice their comments and suggestions to management.

"It's a communication device. We used to have a suggestion box and this is a newer version of things," said John Kast, food service director for Beaver Foods.

Blank sheets are available with space to fill in a comment and within 48 hours a response from Kast will be given. This allows feedback from customers, Kast said.

"It's been working very well and I do get responses and feedback," Kast said. He added that sometimes he receives good questions that will result in improvements to service.

Some of the comments include requests for frozen foods such as pizza pockets and Popsicles. Requests for muffins were another popular request, especially for pumpkin and the low-fat variety.

Another common request is asking for more variety of confectioneries to be added to the cafeteria, which Kast said won't happen because of limited space.

One complaint questioned cafeteria prices of market items, saying \$1.80 for a 500 ml. of milk is a "ridiculous" price. Kast said prices are based on market pricing for similar types of food services in other colleges and universities and that no comparisons should be made with supermarket or convenience store pricing.

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Brian Seyler, Beaver Foods employee, chops an onion for the prepared foods served in the main cafeteria.

(Photo by Donna Ryves)

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# Entertainment

## CD release party brings out crowds

By Mike Radatus

Kenghk, a local groove-metal band, released its second CD, another self-titled album, and managed to squeak out more songs.

This CD, compared to their last, is definitely more complete.

The last CD only featured five songs and made it tough for fans to get a quality taste of the true sound of the band.

This time the band took more time in the recording, because there is double the amount of songs, and

it gives a true feel of the groove of the album.

The band threw its CD release party at the Banke on King Street, and had a good turnout of fans eager to purchase the new material.

The band has been through a lot of changes recently. Two new members, Jared on bass and Rich on drums, recorded on the CD. The band members said they felt was important to get the new sound on record.

Flourine Stoia, lead singer of the five-piece band, said that although



many of the songs on the CD are old, it still has a fresh feel to it.

"Unless you are in the band, you won't be sick of the songs, because when you hear the songs live they

are different from the CD," said Stoia.

The CD is being sold at Encore Music, on Queen Street near the corner of King Street, and at all Kenghk shows for \$10.

"When you're an independent band it is hard to sell a lot of CDs," said Stoia.

"The best time to sell CDs is at a show."

For information on where the band is playing and general information about Kenghk, log on to [www.Kenghk.com](http://www.Kenghk.com).



Flourine Stoia, lead singer with Kenghk, breaks it down on stage at the Banke.

(Photo by Mike Radatus)

## Gone in 60 Seconds thrills with car chases

By Laura Czekaj

If there was an Oscar given to the movie with the best chase scene — and there should be — Gone in 60 Seconds would win hands-down.

The plot of the movie takes a back seat to the fabulous cars parading around the screen. Any car lover should make the drive to the nearest theatre to take in the array of Mercedes, Porsches and Mustangs, to name but a few.

Cars aside, the movie isn't half bad, featuring an all-star cast with Nicholas Cage (Leaving Las Vegas, Bringing Out the Dead) as Randall "Memphis" Raines, Angelina Jolie (Girl Interrupted, The Bone Collector) as Sara



"Sway" Wayland and Robert Duvall (Apocalypse Now, The Godfather) as Otto Halliwell.

Cage's character is an ex-car thief who spends his retirement working as a mechanic.

When his younger brother Kip, played by Giovanni Ribisi (The Other Sister,) messes up while stealing a car for Raymond Calitri, who is the head of a powerful

crime ring, Raines must steal 50 cars in one night in order to pay off his brother's debts and save his life.

Calitri is played by Christopher Eccleston, best known for his role of the Duke of Norfolk in the Academy Award winning film Elizabeth.

If stealing 50 cars in 12 hours seems bad enough, Raines's old nemesis, Det. Roland Castelbeck, played by Delroy Lindo (The Cider House Rules) is on to his plan and attempts to catch Raines in the act.

Also, it is hard to believe the youthful and wild Sway would have been a past lover of the much older and seemingly sensible Raines.

Another scene that rings false

comes near the end and involves a decision Castelbeck makes about arresting Raines. However, the rest of the film is a roller coaster ride of suspense.

The real stars of the movie are the cars, and director Dominic Seneca makes sure the audience knows it. Panning shots of the cars and the loving glances bestowed on them by the actors shows the appreciation Seneca has for a good vehicle.

Seneca has been a king in the world of TV and music videos — he has shot videos for Tina Turner, Janet Jackson and Sting — but the only movie he is known for is the 1993 film Kalifornia, starring Brad Pitt. Nevertheless, Seneca demonstrates good technique at drawing

the audience into the plot. The first scene shows Kip smashing a window with a brick during the very heist that leads to his life being threatened.

Seneca does a good job with this '70s film by setting the scene and making urgency seem plausible. Things might even be too realistic for those in the audience who drove their car to the theatre and are now squirming in their seats at the mere thought there are thieves so adept.

True car fans were too busy wiping the drool off their chins to think of much else other than the cars onscreen.

Gone in 60 Seconds is a thrill that doesn't require a lot of brain-power to understand.

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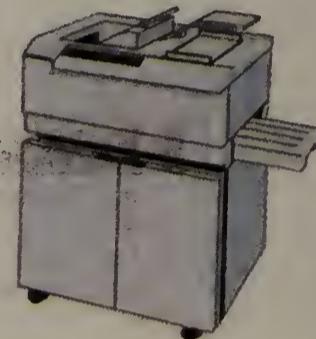
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